

Worksheet: Let's Learn Food Vocabulary!

Name: _____ Grade: _____ Date: _____

A. Match the word with the correct picture or definition.

Definitions (write the number):

Salt - Sugar - Fruits - Dairy products - Junk food -
Sweets - Oil - Vegetables Soft drinks - Processed
food

Heart disease - obesity - tooth decay - weak bones
- stomach problems

- A. 🍫 Chocolate, candy, lollipops → _____
- B. 🥕 Carrots, broccoli, spinach → _____
- C. 🍏 Apples, bananas, grapes → _____
- D. 🥤 Cola, soda, fizzy drinks → _____
- E. 🧀 Milk, cheese, yogurt → _____
- F. 🍔 Fast food like burgers and fries → _____
- G. 🧂 White crystals used to flavor food → _____
- H. 🍬 White sweet crystals → _____
- I. 🧴 Food with many chemicals → _____
- J. 🍳 Used for cooking and frying → _____





B. Write the correct food word in each sentence.

I don't like to eat too much _____ because it is unhealthy.

My mom always cooks with _____.

I drink _____ only on the weekend.

I like _____ like apples and strawberries.

_____ like pizza and hot dogs are my favorite!

I eat _____ like broccoli every day.



C. Classify the words

Healthy Foods Unhealthy Foods

_____	_____
_____	_____
_____	_____

D. Bonus Activity (Draw!) 🎨

Draw your favorite healthy food and your favorite junk food. Label both.

